



Response for completed National Plants at Work Week Survey 2015

The importance of clean air

Indoor air can be more polluted than outdoor air according to the Environmental Protection Agency. Scarily the World Health Organisation has found that polluted air causes premature deaths from strokes and heart disease. In fact 2.7 million premature deaths are caused by polluted air around the world every year.

A more productive workforce

Dr Craig Knight has been investigating how plants can assist performance and creativity in the workplace for several years. His findings show that plants really make a difference: productivity can be improved by anything from 38% and above especially if the workers have a say in the decoration of their workspace; creativity is similarly increased by more than 40% when working amongst plants.

Less time taken for sick leave

Various researchers have found that plants in the workspace make a big difference to complaints of minor ailments and days off sick, as they do for reducing stress.

Biophilia

The concept of Biophilia was brought to light by Richard Louv who noted that we need to connect with nature; that we have a nature deficit. We have evolved within nature and often now suffer because our sedentary and indoor lifestyles take us away from this natural environment.

Of course the best way to put this right is to get outside more but while we have to work and spend so much time indoors (90% on average), it makes sense to bring nature indoors.

Similarly urban landscapes are now being greened more and more with roofs and walls which will help with pollution problems, but also help to bring this concept back into the lives of many. This is also important when it is cited that by 2030 more than 60% of the world's population will live in cities.

Notes

Environment Protection Agency – indoor air more polluted than outdoor air:
<http://www.epa.gov/region1/communities/indoorair.html>

World Health Organisation information about premature deaths
<http://www.who.int/mediacentre/news/releases/2014/air-pollution/en/>

Dr Craig Knight's findings about productivity and creativity
<http://prismsustainableworkplace.ning.com/profiles/blogs/100-000-on-pot-plants-how-wasteful-is-that>

Richard Louv's concept of Biophilia: <http://richardlouv.com/books/last-child/>

60% of us will live in cities:
http://www.mckinsey.com/insights/urbanization/how_to_make_a_city_great

Download efig's synopsis of research about what plants can do for you at work:
http://www.efig.co.uk/images/research_synopsis2.pdf

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PO BOX 196, Romsey, Hampshire SO51 7PF; T: 0044 1794 521 744; info@efig.co.uk
Reg. Address: Linden, Downton Road, Salisbury, Wiltshire, SP2 8HR, Company Registered in England and Wales: 4114672